The Effect of Giving "Delai Gama" Drink on Weight Changes in *Wistar* Rats Induced by *High Fat Diet*

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ABSTRACT

Weight gain is the most important risk factor for dyslipidemia. Dyslipidemia is a condition of abnormal lipids in the blood and is usually characterized by an increase in several lipid profiles, including total cholesterol, triglycerides, LDL, while HDL has decreased. Hypercholesterolemia and hyperlipidemia are one of the categories of dyslipidemia and describe the same condition, namely increased levels of cholesterol and other lipid components in the blood. Treatment or therapy for dyslipidemia can be carried out non-pharmacologically, namely in the form of changing dietary patterns and weight loss, providing a general diet by consuming types of food ingredients that contain antioxidants. One drink that contains antioxidants is a combination of soy sauce, red dragon fruit skin and honey. This study aims to determine the effect of giving a combination drink of soybean extract, red dragon fruit skin and honey on weight changes in Wistar rats induced by High Fat Diet, this research is of the True Experimental type with a Pretest-Postest Control Group Design approach. This study used 15 white rats aged 2-3 months with a body weight of 150-250 grams divided into 3 groups namely the negative control group which was fed standard food, the positive control group which was given high-fat feed made with a mixture of pork oil and duck egg yolks, and the treatment group which was given high-fat feed and a combination of soybean extract, red dragon fruit skin and honey. The results of this study indicated that there were significant differences before and after the intervention, in the negative control group (p = 0.222), positive control (p = 0.640), the treatment group (p = 0.575). So it was concluded that giving a combination of soybean extract, red dragon fruit skin and honey had no effect on body weight.

Keywords: *High-Fat-Diet , "Delai Gama" drink, body weight.*